

# LYNN COUNCIL ON AGING SENIOR CENTER



## May 2013

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

### From the Director's Desk

May is Older Americans Month honoring our elders. In partnership with the Elder Justice Network of the North Shore, the Lynn Council on Aging is promoting "Kindness Matters". This program is a campaign to promote random acts of kindness, that hopefully will brighten ones day, remind people that bad manners are negative and caring can bring joy that will be contagious. Many people live with secret sadness daily besides their personal pains and worries of aging. We recognize this and want to start off this Spring with some simple happiness. Quite honestly, with all that's going on in our world today we need to be reminded of how grateful we are to have each other, tolerate our differences and take care of each other. Aesop said, "No act of kindness, no matter how small, is ever wasted."

*Stacey*

### From Your Mayor


As we progress into spring, it is my hope that brighter days are ahead. Our Commonwealth faced a horrific tragedy on Patriots' Day, but let us move forward and commemorate Memorial Day with an even greater sense of unity and patriotism. Let us honor the heroic men and women who have died while serving in our armed forces, giving their lives to this country. My thoughts are with all of you who have lost loved ones.


Last month, we were fortunate to welcome Mayor Cory Booker of Newark, N.J. to our stage at the Lynn Auditorium, and I hope many of you were able to attend and walk away inspired by his words. This month, we have a full lineup of musical performances. On May 3, Roomful of Blues – an American blues and swing revival big band – performs, with special guests The Dirty Floorboards and Gracie Curran & The High Falutin' Band. Country artist Clint Black takes the stage on May 9 and American blues rock band ZZ Top will perform on May 18. For tickets, please visit [www.lynnauditorium.com](http://www.lynnauditorium.com), call the Lynn Auditorium box office at 781-581-2971, or purchase them at the box office, Lynn City Hall Room 311.

Also at the Lynn Auditorium, the premier of Harry Agganis, the Golden Greek will take place on May 16. Be one of the first to view this wonderful presentation of one of Lynn's legacies. In life, he was the perfect model for the great American sports novel. In death, he was the ironic portrait of a Greek tragedy. Tickets are \$33 and include an after party with light hors d'oeuvres and a cash bar. For more information, visit [www.lynnauditorium.com](http://www.lynnauditorium.com).

Finally, I wish all mothers and grandmothers a very happy Mother's Day. May you enjoy the day with your families.

Best wishes,  
Mayor Judith Flanagan Kennedy

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## Lynn Council on Aging Senior Center

### Publication funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

### Meet the Staff:

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### Hours of Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

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Meets 4th  
Wednesday  
monthly at  
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Meets last  
Thursday  
monthly at 10 am

## Swipe IT! Swipe IT! Swipe IT!

We're cracking down on the lunch meal swipes. Swipe your "My Senior Center Card" to order your lunch. Why? We have to. We receive funding based on the reports from swiped meals. It's a critical issue. If you don't swipe, we aren't reimbursed. You will notice a change in our service style in the dining room as we accomplish this. We thank you in advance for your understanding and patience. We want our meals to remain as "no reservation necessary" so please help us. Your servers may come back to your table and serve you after you've swiped. Much appreciated. The senior center congregate meal program is a mandated voluntary contribution donation policy. We suggest \$2 per person. We understand that some are unable to give. We ask to give what you can; even if it's fifty cents, etc. We remind you; all money is received at the donation desk. Please do not give the volunteer servers or staff your donation.

## MAY HAPPENINGS

Wed, May 1	<b>FOOD STAMPS OFFICE HOURS</b>	9:00 a.m. – 3:00 p.m.
Wed, May 1	Free Speaker: Sexuality and Healthy Relationships Presented by North Shore Community College Occupational Therapy Department	10:00 a.m.
Tue, May 7	Mr. Specs Eye Glass Clinic	10:00 a.m. – 11:00 a.m.
<b>Tue, May 7</b>	<b>KINDNESS MATTERS</b> <i>Take the Pledge</i>	<b>10 am</b>
<b>Tue, May 7</b>	<b>Birthday Karaoke</b>	<b>11:30 a.m. – 1:00 p.m.</b>
Tue, May 7	Matter of Balance Info Kiosk- <i>find out what it's all about!.</i>	10:30a.m. – 12 p.m.
<b>Thur, May 9</b>	<b>Mother's Day Special</b> Live performance by Denise Doucette	<b>12:15 p.m.</b>
Tue, May 14	<b>Blood Sugar AND Blood Pressure Clinic</b> "Lucy Booth" Open! Nurse available for your questions. Large Activity Room	8:00 a.m. – 9:30 a.m.
<b>Mon, May 13</b>	<b>KINDNESS MATTERS</b> Hospitality Office Hours ~Stop in and see what we have for greeting cards and stationary to mail to a friend~ ~Ice cream social sponsored by WALGREEN's PHARMACY	10:00 a.m. -12:00 p.m. 12 noon
<b>Tue, May 14</b>	<b>Casino Trip: FOXWOODS</b> \$25 prepaid reservation. Bus leaves promptly at 7 am Need 40 people by May 6th	7:00 a.m. – 6:30 p.m.
Thur, May 16	Free Workshop: "Path to Citizenship" - Game Room	10 a.m.
Thur, May 16	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
<b>Fri, May 17</b>	<b>BROWN BAG: BOSTON FOOD BANK</b>	<b>10:00 a.m. – 12:00 p.m.</b>
Fri, May 17	Richardson's Ice Cream	11:00 a.m.
<b>Mon, May 20</b>	<b>Women's Group Meeting</b>	<b>10 am – 11 am</b>
<b>Tue, May 21</b>	<b>KINDNESS MATTERS</b> <b>Switchin' It All Around Day</b> <b>PRIZES!</b> Consider sitting with someone different for lunch!	<b>11 am</b>
Wed, May 22	Field Trip: Commonwealth of MA Museum Lunch at Castle Island \$2	9:30 a.m. - 1:45 p.m.
Wed, May 22	Lynn Council on Aging Board of Director's Meeting	1:30 pm
Tue, May 28	<b>Hearing Clinic</b>	9:00 a.m. – 11:00 a.m.
Tue, May 28	Field Trip: Senior T Passes – Boston \$2	9:30 a.m.
Wed, May 29	Field Trip: Senior T Passes – Boston \$2	9:30 a.m.
<b>Thur, May 30</b>	<b>FRIENDS OF LCOA meeting</b>	<b>10:00 a.m. – 11:00 a.m.</b>
<b>Fri, May 31</b>	<b>KINDNESS MATTERS</b> Wear Purple- Sticky note winner announced Live Entertainment	<b>11 am -12 pm</b>

Please note: Exercise Classes will still be held Weds and Fridays 11:30 am – 12:15pm  
TOPS will still be held Thurs 10:00 a.m., as listed on the calendar on page 5.

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# MAY 2013

MONDAY	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Corn Chowder Pot Roast/Jardinière Gravy Italian Roasted Potatoes Chilled Fruit ALTERNATIVE Chicken Paprika	<b>2</b> Calzone/Sauce Tossed Salad Country Blend Veggies/ Jell -o ALTERNATIVE Chicken Filet Sandwich Tossed Salad	<b>3</b> Potato Crunch Fish/ Lemon Garlic Whipped Potato Carrots/Fresh Fruit ALTERNATIVE Beef Strip Steak/Gravy
<b>6</b> Pulled Pork/ BBQ Sauce WW Bulkie Roll Roasted Sweet Potato Fiesta Veggies ALTERNATIVE Chicken Florentine	<b>7</b> Beef Veggie Soup Seafood Cake/Sweet Pepper Sauce/ Oven Fries Pudding ALTERNATIVE Salisbury Steak/Gravy	<b>8</b> American Chop Suey Zucchini/Red Pepper Chilled Fruit ALTERNATIVE Veggie Quiche Potato	<b>9</b> MOTHER'S DAY SPECIAL Broccoli Stuffed Chicken w/Supreme Sauce Baked Potato/Sour Cream Veggie Medley/Snowflake Roll Raspberry Cookie	<b>10</b> Swedish Meatballs/ Gravy Whipped Potato/ Beets Muffin/Fresh Fruit ALTERNATIVE Spanish Chicken Rice & Beans
<b>13</b> Macaroni & Cheese Spinach/Garlic Roll Chilled Fruit ALTERNATIVE Sweet & Sour Chix Tenders Whipped Potato	<b>14</b> Tyson Chicken Bruschetta Cheddar Whipped Potato Spring/ Summer Veggie Jell-o ALTERNATIVE Omelet w/Cheese Sauce	<b>15</b> Beef Stir Fry Steamed Rice/Stir Fry Veggies Fruit ALTERNATIVE Chicken Taco/Salsa Fiesta Rice/Stir Fry Veg- gies	<b>16</b> Turkey Cacciatore Polenta Parmesan Italian Green Beans Fresh Fruit ALTERNATIVE Liver & Onions/Gravy	<b>17</b> Garden Veggie Soup Tuscan Tuna/WW Pita Potato Salad Cake ALTERNATIVE Egg Salad
<b>20</b> Orange Pineapple Chicken Veggie Lo Mein Broccoli Cookie ALTERNATIVE Manicotti/Meat Sauce	<b>21</b> Meatloaf/Ketchup Gravy Whipped Potato Peas & Onions Chilled Fruit ALTERNATIVE Chicken Marsala	<b>22</b> Ham & Cheese Quiche Lyonnaise Potato Italian Blend Veggie Chilled Fruit ALTERNATIVE Stuffed Pepper/ Sauce	<b>23</b> Cream of Broccoli Soup California Chicken Salad Tossed Salad Pudding ALTERNATIVE Turkey & Cheese	<b>24</b> Hamburger/Roll Cheese/Tomato & Let- tuce Potato Salad Corn/ Watermelon ALTERNATIVE Fish Sandwich
<b>27</b> HOLIDAY No Food Service	<b>28</b> Stuffed Shells/ Meat Sauce Green & Golden Beans WW Roll/ Pineapple ALTERNATIVE Chix Meatballs/Gravy	<b>29</b> Rib-B-Q/ BBQ Sauce Delmonico Potato Carrots Jell-o/Topping ALTERNATIVE Haitian Turkey	<b>30</b> Minestrone Soup Rosemary Herb Tyson Chix O'Brien Potato Ambrosia ALTERNATIVE Salisbury Steak/Gravy	<b>31</b> Roast Turkey/Gravy Apple Raisin Stuffing Jardinière Veggies Muffin/Chilled Fruit ALTERNATIVE Pork Patty/Gravy

# SENIOR CENTER ACTIVITIES • MAY 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET Wii	SILSBEE STREET Wii	SILSBEE STREET Wii	SILSBEE STREET Wii	SILSBEE STREET Wii
9:00 -12	9:00 -12	9:00 -12	9:00 -12	9:00 -12
10:00-11:00 COMPUTER CLASS: INTRO	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
10:45-12:30 LUNCHEON	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS	10:00-11:00 T.O.P.S.	9:30-11:00 KNITTING & CONVERSATION
11:15- 12:15 COMPUTER CLASS: NTERNET	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON
12:00-1:00 MEN SPORT'S CLUB	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:30-12:00 ACRYLIC PAINTING	11:30-12:15 EXERCISE CLASS
1:00-2:45 BINGO (NEW TIME)	1:00-2:45 POKENO	11:30-12:15 EXERCISE CLASS	1:00-3:00 JAPANESE BUNKA EMBROIDERY	1:00-2:45 BINGO (NEW TIME)
	1:30 Billiards Club	1:00 – 3:00 MOVIE	2:00-3:00 HORSE RACE GAME	
		1:00-3:00 'PENNY ANTE' POKER		

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through our JCAHO accreditation.

## Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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APARTMENTS

## CASINO TRIPS

Departs from Lynn  
Senior Center

### Foxwoods \$25

7 am - 6:30 pm

May 14<sup>th</sup> & June 11<sup>th</sup>

Please, please- sign up early! We need 40 reservations one full week before the travel date; otherwise we must cancel.

Sign up in person at the senior center. OR

Mail your registration sheet and payment check in.

Call for a sign up sheet and we'll mail it to you.



Casino Trips from Revere  
Departs from Northgate Plaza

### Mohegan Sun \$25

10:00 a.m. - 8:45 p.m.

May 7<sup>th</sup> & 21<sup>st</sup>

June 4<sup>th</sup> & 18<sup>th</sup>

### Twin River \$20

10:00 a.m. - 8:10 p.m.

May 2<sup>nd</sup> & 16<sup>th</sup>

June 13<sup>th</sup> & 27<sup>th</sup>

Any questions? Call Elaine 781-289-6144  
(Departs from back of Price Rite  
at Northgate in Revere)

## MOVIES...every Wednesday @ 1:00 p.m.

**Free Popcorn and Soda  
Wide Screen Plasma Home Theatre System**

May 1	Beaches	1988 PG-13	123 mins
May 8	Last Ounce of Courage	2012 PG	101 mins
May 15	The Long Shot	2004 NR	94 mins
May 22	In America	2002 PG-13	103 mins
May 29	Did you hear about the Morgans?	2009 PG-13	103 mins

Don't be shy! Let us know if there's a movie you would like to see!  
Even if it's in the theatre now, we can queue it for months later.



### Mother's Day Special

#### Mother's Day Special

Thursday, May 9<sup>th</sup>

12:15 pm



Show:  
Denise Doucette

### Matter of Balance

#### Matter of Balance Information Table

~Find out what this workshop is  
all about~

**Tuesday, May 7<sup>th</sup>  
10:30 am – 12 noon**

## SWIPE YOUR CARD

### We depend on you!

Secure our funding- swipe your card.

We will gladly serve you a meal once you swipe your card!  
We suggest a \$2 voluntary donation.

## Sexuality & Healthy Relationships

Wednesday, MAY 1<sup>st</sup>

10 am – 10:45 am

Game Room

Free seminar sponsored by the Occupational Therapy Dept. of North Shore Community College

## Take the Kindness Matters Pledge

Pledge to be kind for the day/month and receive a handmade purple and yellow pin to display your support. Encourage your friends to make the pledge to keep the process going.

### THE PLEDGE

I pledge to myself on this day,  
To try to be kind in every way,  
To help each person young and old,  
To have a pleasant day unfold.  
When I love myself and others too,  
That is the best I can do.

Sticky notes will be available at the front kiosk where you can write a note about something nice someone did. They will hang throughout the month and we will put them in a drawing and one winner will win a prize on May 31st.

## Prescription Advantage

Even with insurance, prescription drugs can still be unaffordable! High co-payments and gaps in coverage can make paying for prescription drugs very difficult. This is where **Prescription Advantage** can help.

Prescription Advantage is a state-sponsored pharmacy assistance program available to Massachusetts residents age 65 and over and under 65 with disabilities.

Prescription Advantage does not replace your insurance; it supplements your coverage to help lower your out-of-pocket costs.

Prescription Advantage will supplement all insurances including Medicare Part D, Medicare Advantage plans and drug coverage you may receive from a former employer. Prescription Advantage also has benefits for seniors and disabled persons not eligible for Medicare.

To learn more about how you can lower your medication costs contact

Prescription Advantage : [www.Mass.Gov/Elders](http://www.Mass.Gov/Elders)

1-800-AGE-INFO (1-800-243-4636) press 2 or TTY 1-877-610-0241

~ Applications are available at the Lynn Council on Aging ~

*Prescription Advantage is administered by the  
Commonwealth of Massachusetts Executive Office of Elder Affairs.*



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Place Your Ad

## PREVENTING FALLS - WHAT YOU CAN DO.

More than one-third of adults over age 65 fall each year. As we get older, falls become much more dangerous. A fall can be fatal. Serious complications can follow a fall.

Falls may occur because of some of the changes as we age. Declining vision, balance, and strength can increase the possibility of falling. Medicines can cause dizziness, slowing of reaction time or other side effects. The environment in the home may create safety hazards.

Most falls can be prevented. Listed below are some of the things you can do to lower your chances of falling.

### Know your Medicines

- Keep a current list of all your prescription and over the counter medicines.
- Review this list with your doctor and pharmacist.
- Ask about side effects that may increase your risk of falling.
- If you are given a new medicine ask if it will interact with current medicines, possibly causing side effects.
- Ask how to take your medicines correctly. Ask about how alcohol interacts with your medicines.

### Stay Strong with Exercise

- Regular physical activity makes your muscles stronger, improves flexibility, balance, strength and endurance.
- Investigate exercises recommended for older adults.
- Join an organized exercise or strength training program, dance more; Yoga and Tai Chi are great for flexibility and balance. Water aerobics works well if you have arthritis or other joint diseases.

### Create a Safe Home Environment

- Talk with your doctor to see if a cane, walker, or other device can help you maintain balance
- Remove things you can trip over. Use non-slip mats in bathtub and shower.
- Use brighter light bulbs.
- Wear shoes with good support and non-slip soles

**Have your vision checked.** Poor vision increases your risk of falling.

- An out of date glasses prescription can create vision problems
- A condition like glaucoma or cataracts can limit your vision.

*Adapted from **What You Can Do to Prevent a Fall**,*

*by Carolyn M. Clancy, MD, Agency for Healthcare Research and Quality. [www.ahrq.gov/consumer/cc](http://www.ahrq.gov/consumer/cc)*

### Resources:

**A Matter of Balance:** Managing Concerns about Falls, is a workshop designed to reduce the fear of falling and increase the activity level of older adults who are concerned about falls. Participants learn skills and light exercises that will decrease the likelihood of falling.

**Greater Lynn Senior Services offers this workshop beginning June 4, 2013 at the Lynn Senior Center. Please join us for an Information Session on May 7, 2013 from 10:30 until 12Noon in the Senior Center. Stop by and learn more about practical strategies to manage falls. Register for our fun and innovated workshop.**

**For more information please contact: Mary Carideo, CRRN**

Healthy Living Program Manager ,Greater Lynn Senior Services, 781-586-8527 [mcarideo@glss.net](mailto:mcarideo@glss.net)

## CLEANING HOUSE

S W E E P I N G N I P P O M M B N W B F N R T E  
 L A I R E T C A B I T N A E L C O T I D Y T K P  
 A E R E F F I W S U D G O P A O R X G P X D X P  
 C G S G A R B A G E I H S I L O P F N G E R M S  
 I N N N P G N X C C I W C K T R A O I B D F Y L  
 M O K A Z N S L E W O T R E P A P Y R D N U A L  
 E P O R T I U R Y D B O U M B M Z I P C I R W I  
 H S E R F T A E N N W P B U L M S I S F W N A F  
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 M O O R B G O V E E D O G V C A R P E T S R A S  
 Z F I L T H Y T S U I A Q H U F O R O S I E O G

dusting	windows	fresh	paper towels
sweeping	vacuum	fix	broom
mopping	carpets	bubbles	water
Swiffer	put away	sponge	garbage
rags	laundry	brush	rearrange
scrubbing	wax	clean	debris
Windex	wipe	spring	neat
chemicals	bucket	arrange	tidy
ammonia	trash	germs	organization
polish	Pine-Sol	antibacterial	apron
furniture	filthy	soap	housework
picking up	grease	refill	
declutter	shine	Magic Eraser	

**Out and About Fun! Lynn Senior Center Trips 2013****Join us!****Weds, May 22<sup>nd</sup>****\$78*****"Spreading it Around"******Newport Playhouse Spectacular***

**9am** –Depart from Lynn Senior Center; This light-hearted comedy finds Angela Drayton, a wealthy widow in a retirement community. Tired of handing out money to her unappreciative children, she starts the S.I.N. (Spending It Now) Foundation, to give to those who truly in need. This terrifies her greedy son, driving him to devise a plan to have her committed. *Mama will have none of that!* Approximate return time to Lynn is **5pm**.

~Final Payment due May 6<sup>th</sup> ~Must have 40 reservations~ Sign up in March for payment plan of \$26 per month.

**Thurs, July 25<sup>th</sup>****\$84*****Martha's Vineyard ~ featuring scenic sights, ferry cruise, & buffet***

**7am** -Depart from the Lynn Senior Center; board the Island Queen ferry in Falmouth. Arrive in Martha's Vineyard 45 minutes later. Board a sightseeing bus and tour Oak Bluffs to Edgartown. Spend some time shopping in the village and enjoy a buffet dinner at the Old Country Buffet before boarding the return ferry.

Approximate return time to Lynn is **7pm**. **(TRIP IS FULL—waiting list ONLY!)**

~Final Payment due July 11<sup>th</sup> ~Must have 40 reservations~ Sign up by April 11<sup>th</sup> for 4 month payment plan of \$21 per month.

**Weds, August 21<sup>st</sup>****\$80*****Boston Duck Tours! ~ includes Boston Common/Public Gardens & Luncheon***

**8:30am**- Depart from the Lynn Senior Center; head to the Boston Common where you'll see the Public Gardens and the Swan Boats. Enjoy a full course luncheon at the 'No Name' Restaurant on Fish Pier. Ride the famous Boston Ducks through Boston sights and take the plunge into the Charles River for a brief cruise.

Approximate return time to Lynn is **5:30 pm**.

~Final Payment due May 7<sup>th</sup> ~Must have 40 reservations~ Sign up by Aug 7<sup>th</sup> for 4 month payment plan of \$20 per month.

**Sun, Dec 1<sup>st</sup> – Mon, Dec 2<sup>nd</sup>****\$230 dbl****\$280 single****\$220 triple*****White Mountain Christmas ~ White Mountain Hotel & Resort, North Conway, NH***

**2 days/1 night - Includes 3 meals (including a Grand Sunday Brunch), 2 Holiday Shows, Special cocktail prices, Santa visit and a gift. Departs from Lynn Senior Center at 9 am.**

~\$50 deposit by Aug 1<sup>st</sup> holds a reservation ~ Must have 35 reservations ~ Payment Plan: Sign up by April 1<sup>st</sup> with a \$50 deposit followed by 6 monthly payments of \$30 due on the 1<sup>st</sup> of every month. Deposit is refundable up to Oct 1<sup>st</sup> and non-refundable after Oct 1<sup>st</sup>-no exceptions.

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Participants travelling with the Lynn Council on Aging must complete trip registration forms that include emergency contact information. Seniors may register companion travelers aged 21 and over. Please call the senior center to discuss accommodations as some or parts of these trips may not be handicap assessable or conducive to those unable to walk far or handle stairs. LCOA reserves the right to deny a registration based on health reasons that may cause a risk. Remember to obtain a free parking permit for the municipal lot prior to the trip date if you plan on parking at the senior center. Accepting checks (no cash) by mail- 8 Silsbee St- payable to LCOA,

## IN LOVING MEMORY

Sadly missed, my friend- Arthur Warren

~Cindy Leblanc

In loving memory of Arthur Warren

~Tina Vasil

In loving memory, sadly missed Arthur Warren

~your sister, Ethel Forse

In loving memory of baby brother, Arthur Warren

~from sister Hazel and family

Thank you for your generous donation

~Sophie Karoumpalis

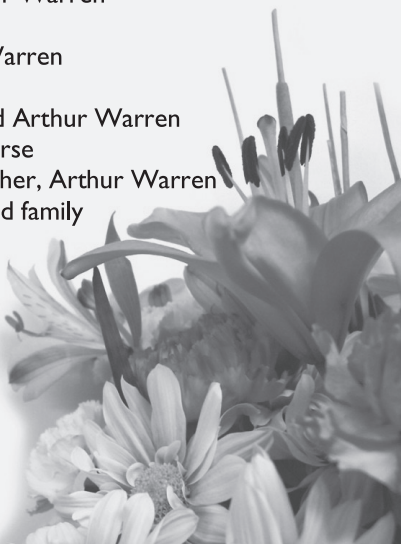
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Thelma Berger

~Dr. Harvey Berger

In loving memory of Robert Faulkner

~Marilyn Faulkner



## DEDUCTIBLE DONATION

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Lynn Council on Aging Senior Center

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May 7th  
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By: Mr. Specs

### BLOOD SUGAR & BLOOD PRESSURE

May 14th  
8:00 am—9:30 am \*note time change\*  
Nurse available for any health questions.

### HEARING CLINIC

May 28th  
9:00 am—11:00 am

### PODIATRIST

May 16th & June 6th  
10:00 am—12:00 pm  
Call for appointment. Bring Insurance Card

### MASSAGE THERAPY

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### LYNN COUNCIL ON AGING SENIOR CENTER

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